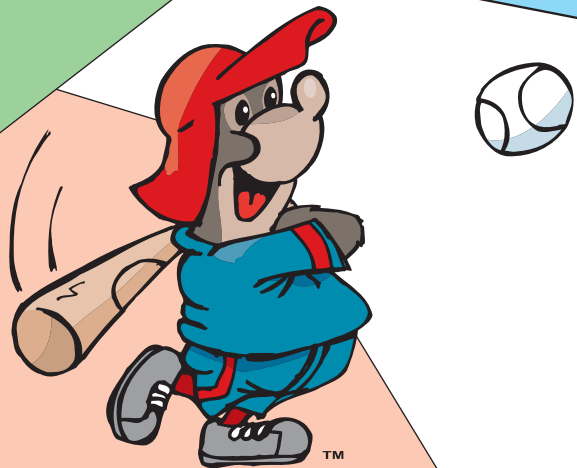




Sun Smart Kids Cool School Program™ Activity Book



Sun Smart Kids Cool School Program

The Sun Smart Kids Cool School Program is an age-specific, sun safety educational program for children ages preK-grade 6. It is a collaborative venture incorporating the resources of the Sun Safe City Program and the Skin Cancer Awareness Foundation, to provide educational materials to physicians, school nurses, and other professionals who volunteer to teach sun safety education in the elementary schools. By combining an age-appropriate, computer presentation with fun, take home (or in class) material, we can reinforce the message of sun safety in a way that elementary school children can understand and remember.

Sun Safe City Program

The Sun Safe City Program is a non-profit organization in Davis, California, which is involved in providing sun safety information to the community, as well as to the local elementary schools. Their “pilot” elementary school was awarded the EPA “Helios Award” in 2003, for the comprehensive nature of their sun safety program.

Ann F. Haas, M.D., Dermatology
President/Founder
www.sunsafecity.org

Skin Cancer Awareness Foundation

It is the mission of the Skin Cancer Awareness Foundation to elevate awareness, enhance public education, and encourage the prevention of skin cancer through implementation of school and community programs which focus on teaching youth and their caregivers the importance on sun safe behaviors.

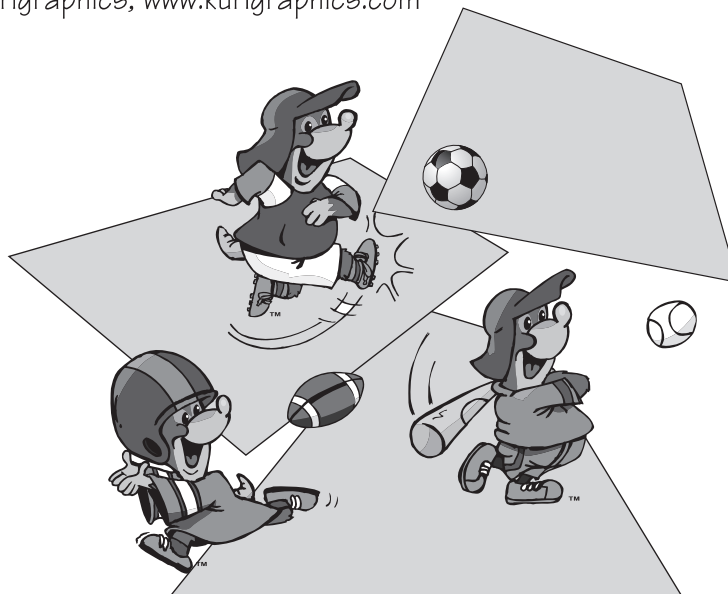
William H. Barth
Skin Cancer Awareness Foundation
President/CEO
www.skincaf.org

Acknowledgement

We credit the EPA Sunwise School Partner Program for use of selected pages within the “Sun Smart Kids Cool School Program Fun in the Sun Activity Book”.

The information contained in this book is copyrighted. Reproduction in any form or means (Text, Logos and Graphics) is not allowed without written permission from Sun Safe City Program or Skin Cancer Awareness Foundation.

Design and production by Kurigraphics; www.kurigraphics.com





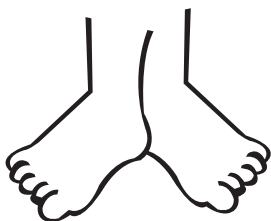
RUB ON SOME SUNSCREEN TO BE SUN SMART!

Sunscreen is a lotion you spread on your skin. Sunscreen helps block UV rays. Some sunscreens are more sunwise than others. Remember, you should always use sunscreen that is at least number 15 or higher.



Circle the sunscreen:

DO YOU PUT SUNSCREEN ON...



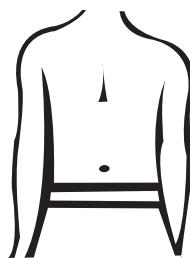
bare feet

Yes No



bare leg

Yes No



bare tummy

Yes No



bare arm

Yes No



smiling face

Yes No



ear

Yes No



shoe

Yes No



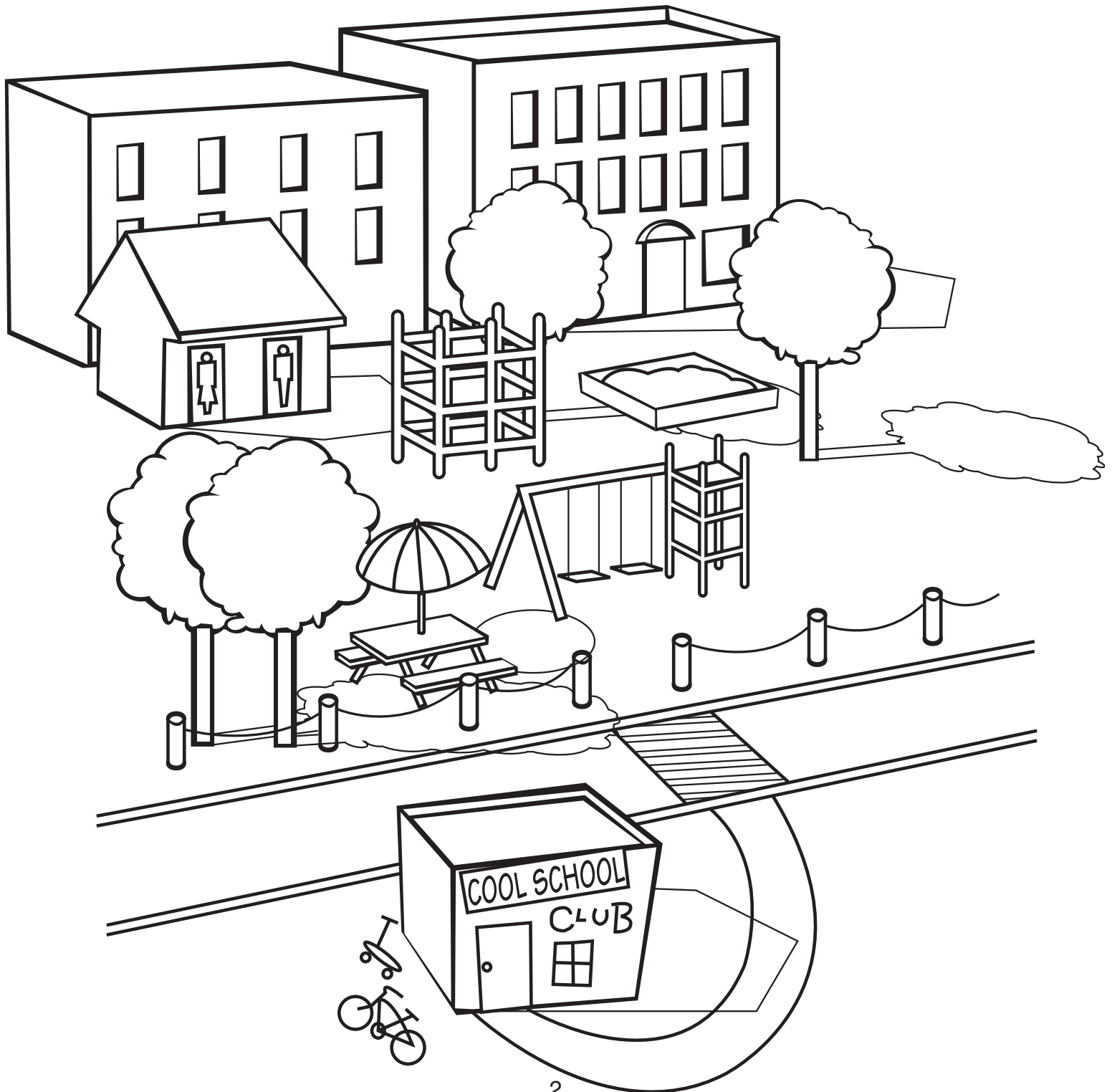
eyes

Yes No



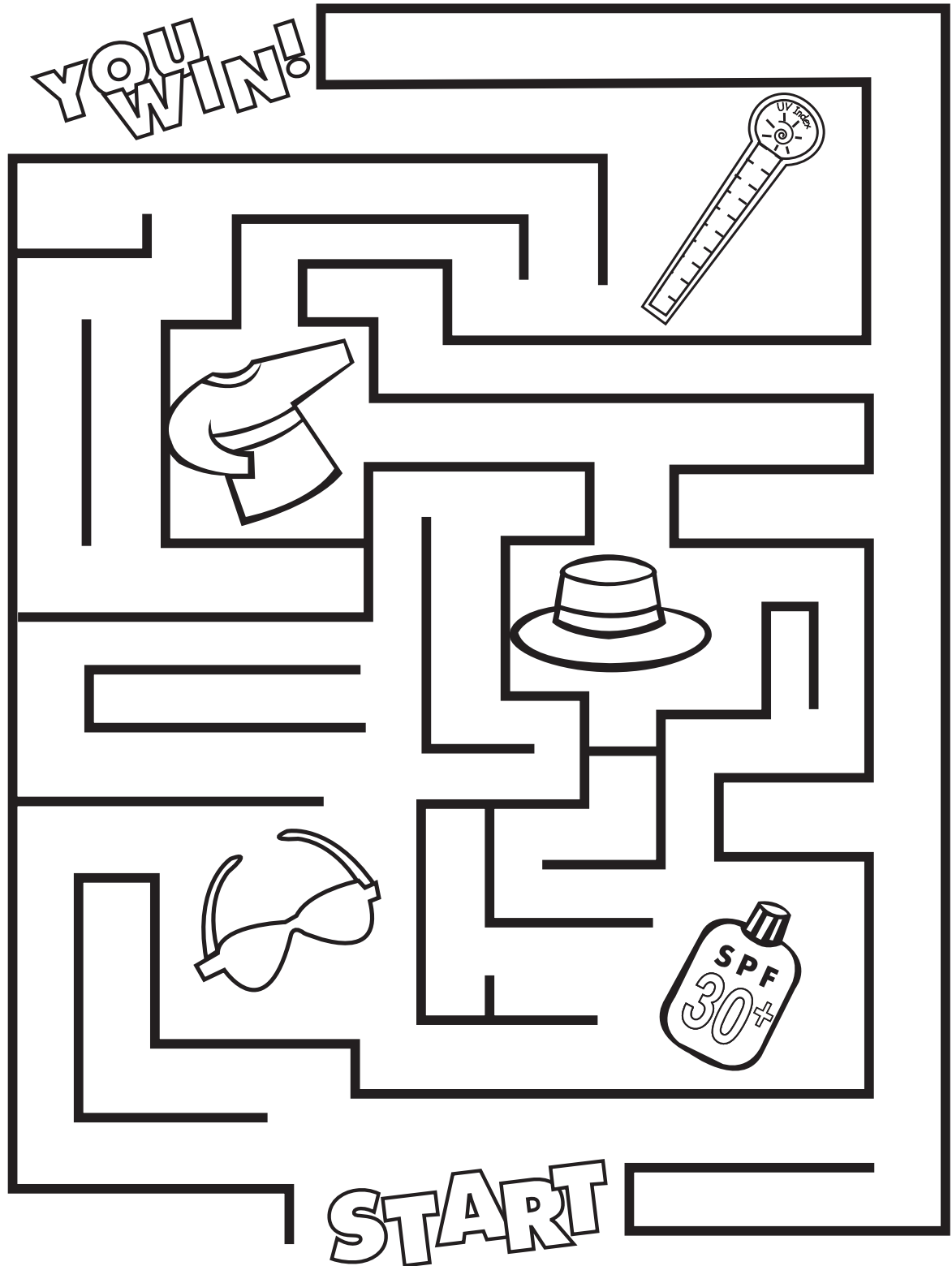
Remember, when you're playing outside, try to play in the shade.

Circle the shady places in this picture





Complete the Maze



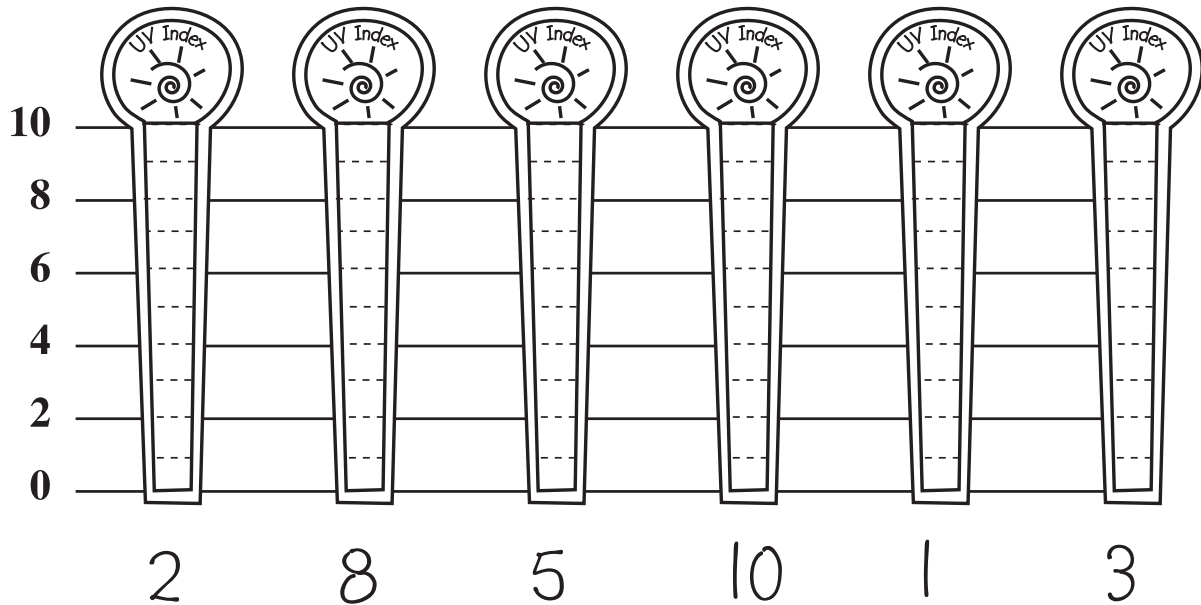
DIRECTIONS:

Find your way through the maze, picking up all the Sun Smart gear on the way.



UV Index

Index Number	Exposure Level
1-2	Low
3-5	Moderate
6-7	High
8-10	Very High
11+	Extreme

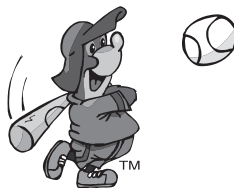


DIRECTIONS:

Color in each UV Index to match the number.

Circle the ones that are "HIGH" or "VERY HIGH."

The higher the UV Index, the greater the need for skin and eye protection.





CAN YOU MATCH THE ACTION STEPS
WITH THE RIGHT PICTURES?

SLIDE on a _____

... to cover as much skin on your body
as you can.

RUB on _____

... on your face, arms, legs, and any
other skin that the sun's UV rays can
reach.

PLOP on a _____

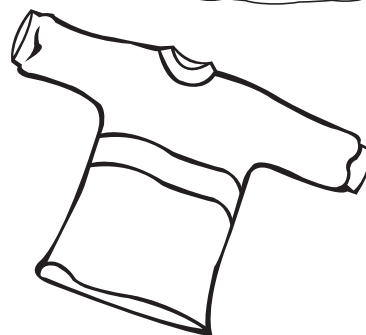
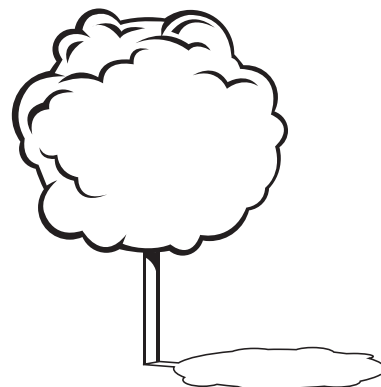
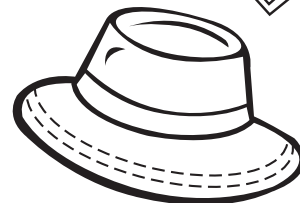
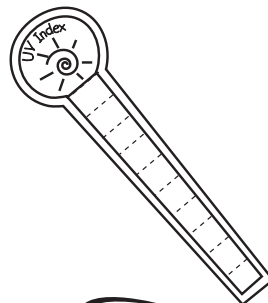
... that will keep UV rays from
reaching your face, ears and neck.

SHADE your eyes with _____
... to protect your eyes.

CHECK the _____
... to find the UV forecast

PLAY in the _____

... and stay out of the sun whenever
possible.





CAN YOU FILL IN THE
MISSING LETTERS?

S U ____

O Z ____ N E

E ____ R ____ H

R ____ Y S

FILL IN THE MISSING WORDS:

The sun is a _____.

UV rays are outside even on  _____ days.

UV rays can hurt your  _____.

Too much sun can give you a  _____.

UNSCRAMBLE THE LETTERS TO READ AN
IMPORTANT MESSAGE:

E H T Z N E O O A L Y R E L P H S E

K O B L C V U Y R S A.



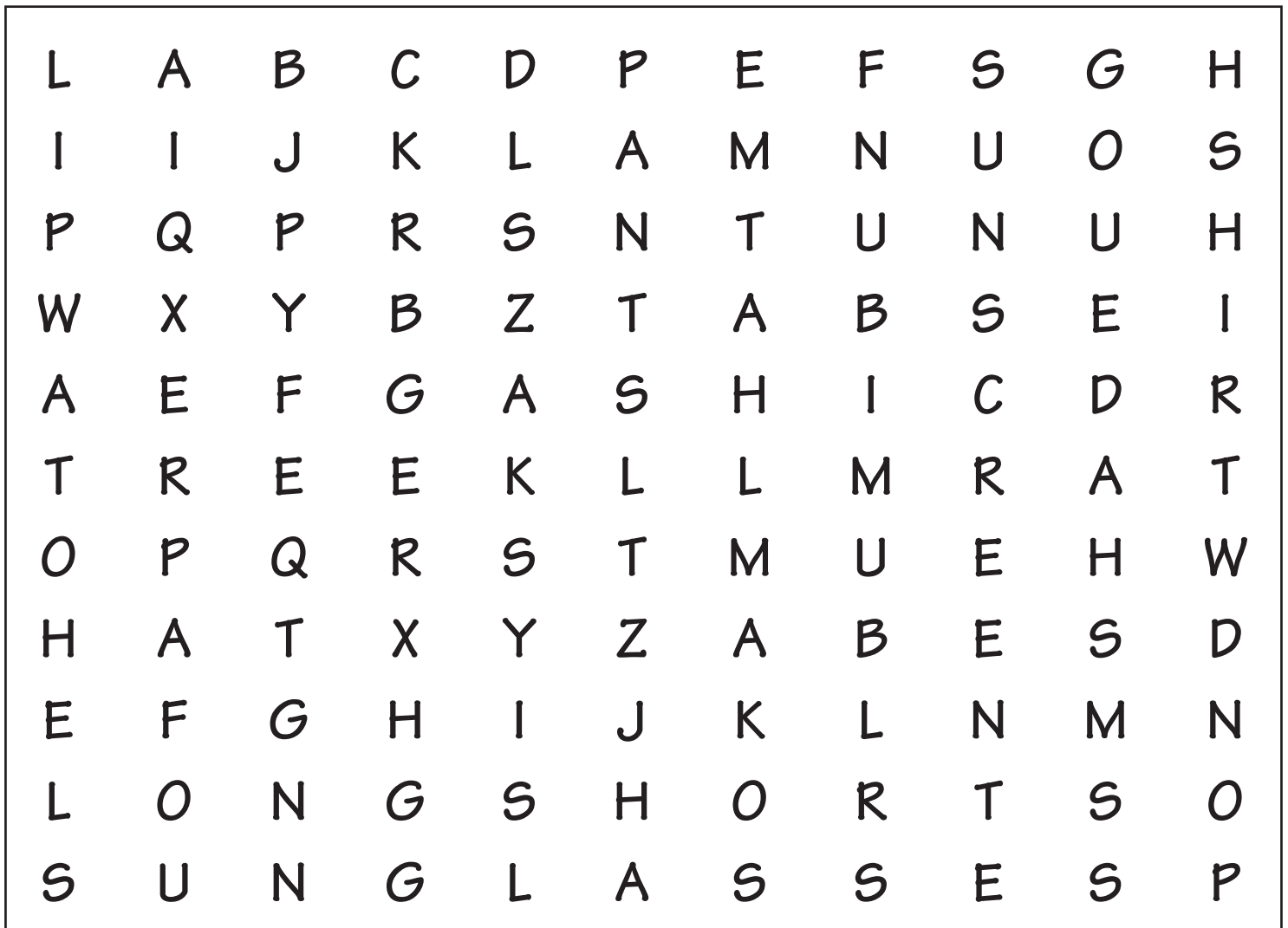
COOL SCHOOL Word Search

Directions

Find and circle
the SUN SMART words.



HAT, LIP BALM, LONG SHORTS, SHIRT,
PANTS, SUNGLASSES, SUNSCREEN, TREE, SHADE





Buy SUN SMART Sun Products

Directions

Your class is taking a trip to the store to buy sun safe products.
Select the coins and bills you need to buy each SUN SMART item.



dollar \$1.00



quarter
\$.25



dime
\$.10



nickel
\$.05



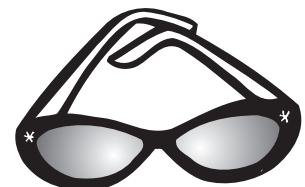
penny
\$.01



\$5.79



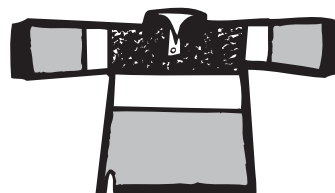
\$4.34



\$6.27



\$9.67



\$8.89



COOL SCHOOL Word Problems



1- If you buy a dozen wide-brim sun hats for \$132.00, how much did you pay for each hat?

2- As a fund-raiser, you sell those same dozen hats you bought in question 1 for \$15 each to raise money for your new shade structure. How much will you make in profit?

3- Sunscreen A comes in a 36 oz bottle and sells for \$6.24. Sunscreen B comes in a 28 oz bottle and costs \$6.08. You have to buy sunscreen for your class and they want you to buy the one which is cheaper per ounce. Which sunscreen should you buy?

4- A new sun-safe school is being built for grades K-6 in your town. The rules say that each first and second grade classroom can have no more than 20 students per class. Classrooms for the other grades (3-6) can have no more than 28 students per class. If there are 220 kids in first and second grade, and 616 kids in the other four grades, how many classrooms should be built in the new school.





The Ozone and you

1. What is the stratospheric ozone layer?

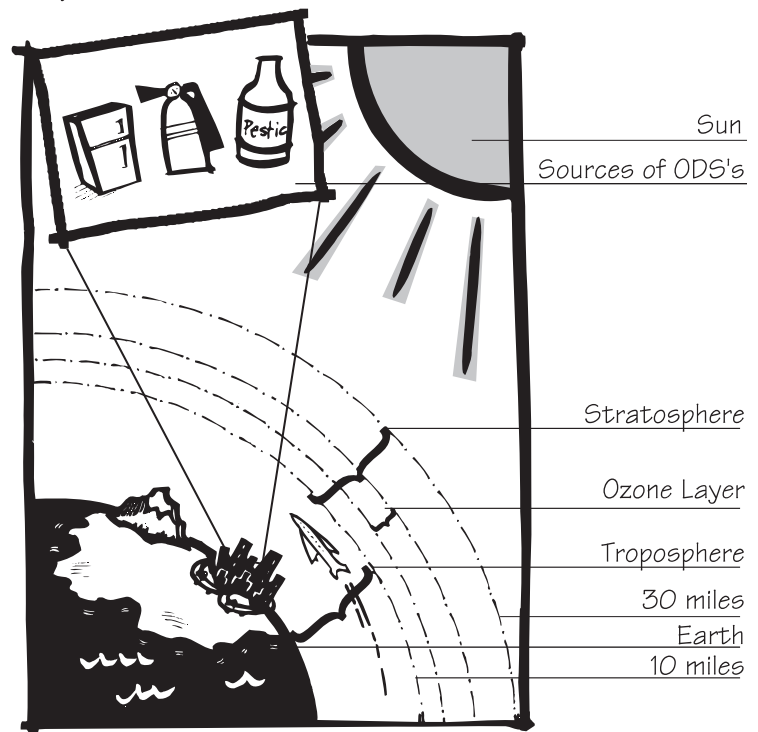
It is a thin layer of gas, produced by nature, that protects the Earth from the sun's harmful UV rays.

2. What creates the hole in the ozone layer?

The use of chlorofluorocarbons (CFC's) and certain other chemicals (particularly the chlorine gas), which leak into the air.

3. Where can you find chlorofluorocarbons (CFC's)

CFC's can escape from leaks in air conditioners, refrigerators or when someone throws away a used appliance without draining the CFC's into a tank to be reused. CFC's can also get into the upper atmosphere, they start to break down the ozone layer.



4. Why do we care about ozone depletion?

Without the protective ozone layer, harmful UV rays go through the atmosphere and reach the earth's surface. In the ocean, small creatures called Krill die if too much sun gets through the ozone layer. The bigger fish, which eat Krill, don't get enough to eat. Certain plants also produce less food when exposed to too much UV radiation.

Animals can't get enough food from the plants to survive, and eventually people don't get enough food, either. As the ozone layer thins, the food supply shrinks all over the earth.

5. What can be done about CFC's?

New appliances are being developed that don't use CFC's. Appliances that do use CFC's should be checked for leaks and any CFC's drained out should be contained and recycled. Scientists are looking at chemicals that do the same work as CFC's but don't destroy the ozone.

6. What happens when people are exposed to UV rays?

Exposure to UV rays can cause sunburn, skin cancer, eye damage, immune system suppression and early aging of the skin.



COOL SCHOOL Word Scramble

nsu _____

nrsbun _____

sgalusness _____

tha _____

aebhc _____

swlrknie _____

voptert _____

esdha _____

ntirfenlceo _____

mtvopeerin _____

cksluobn _____

lmeo _____

nlgosevenlestirh _____

niksrecnac _____

ratluloietvysra _____

neswisu _____

luberlma _____

znoeo _____

mmnaaleo _____

Questions:

1. What does UV stand for? Can you see or feel UV rays?
2. What forms a thin shield around the earth and protects us from the sun's harmful UV rays?
3. At what time is the sun at its highest point in the sky?
4. During what hours should you limit your exposure to the sun?
5. What are some effects of too much exposure to the sun?





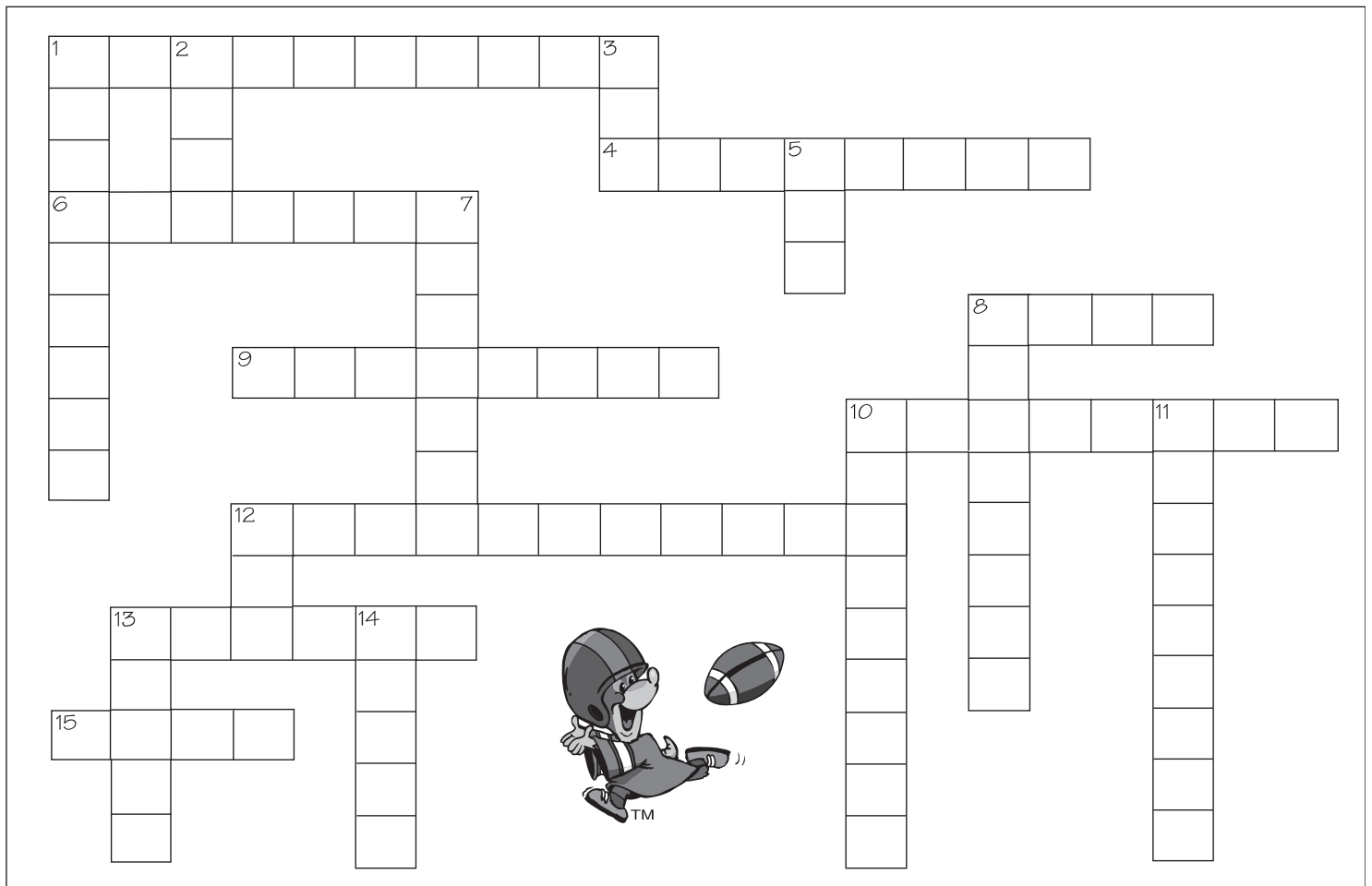
COOL SCHOOL Crossword

Across

- 1- Right type of these will block almost 100% of the UV radiation that can cause damage.
- 4- Small, brown spots on skin which increase in number with sun exposure.
- 6- Another word which describes understanding how to be safe in the sun.
- 8- A____-brimmed hat protects your face, neck and ears.
- 9- The most serious form of skin cancer.
- 10- _____are most at risk for UV radiation because their young skin is thinner and more easily damaged.
- 12- UV stands for_____
- 13- If your_____ is shorter than you are when you're outside, it's time to seek shade.
- 15- Everyone is affected by UV radiation. Skin color doesn't exclude anyone from its effects, but if you have_____skin you are at higher risk for skin cancer.

Down

- 1- Use this with at least SPF 15 and apply properly to protect skin.
- 2- Time when sun at its highest/intensity is greatest.
- 3- Initials for sun protection Factor.
- 5- Abbreviation for chlorofluorocarbon, the chemical that destroys the fragile ozone layer.
- 7- The sun's rays are stronger at high altitudes and closer to the_____.
- 8- Overexposure to the sun can cause skin cancer, eye damage and _____.
- 10- Eye damage that occurs when there is a loss of transparency in the lens, which clouds your vision
- 11- It is UV____, not the warmth or brightness of the sun, that damages our skin
- 12- This type of radiation is not absorbed by the ozone layer and can cause lots of damage to our bodies.
- 13- You can find protection from the sun's UV rays under the_____ of trees and umbrellas.
- 14- A gas found in 2 layers of the atmosphere with the same chemical structure; it is bad at ground level and good high above the earth.



Answers

Page 6

Sun Smart Fill in the Missing Letters:

Missing words: Missing letters:

Star Sun
Cloudy Ozone
Eyes Earth
sunburn Rays

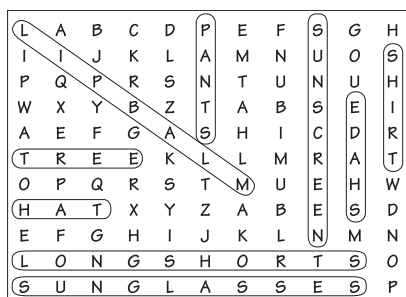
Unscrambled message:

The Ozone Layer Helps Block UV Rays.

Page 7

COOL SCHOOL Word Search Words:

1. Hat
2. Lip balm
3. Long shorts
4. Pants
5. Sunglasses
6. Sunscreen
7. Tree
8. Shade



Page 8

Sun Smart Sun Products

Sunscreen- \$5.79
5- \$1.00 bills
3- \$.25 quarters
4- \$.01 pennies

Hat- \$4.34
4- \$1.00 bills
1- \$.25 quarter
1- \$.05 nickel
4- \$.01 pennies

Sunglasses- \$6.27
6- \$1.00 bills
1- \$.25 quarter
2- \$.01 pennies

Umbrella- \$9.67
9- \$1.00 bills
2- \$.25 quarter
1- \$.10 dime
1- \$.05 nickel
2- \$.01 pennies

Shirt- \$8.89
8- \$1.00 bills
3- \$.25 quarter
1- \$.10 dime
4- \$.01 pennies

Page 9

COOL SCHOOL word problems:

1. \$11.00
2. \$48.00 profit
3. sunscreen C is cheaper per ounce (buy that one)
4. Your new school should have 33 classrooms

Page 11

COOL SCHOOL Word Scramble and Questions:

Sun	Sunblock
Sunburn	Mole
Sunglasses	Long sleeve shirt
Hat	Skin cancer
Beach	Ultra violet rays
Wrinkles	Sunwise
Protect	Umbrella
Shade	Ozone
Reflection	Melanoma
Prevention	

1. Ultraviolet rays. No
2. The ozone layer
3. Solar noon
4. 10 a.m. and 4 p.m.
5. Wrinkles, skin cancer and eye damage

Page 12

COOL SCHOOL Crossword:

Down	Across:
1. Sunscreen	1. Sunglasses
2. Noon	4. Freckles
3. SPF	6. Sunwise
5. CFC	8. Wide
7. Equator	9. Melanoma
8. Wrinkles	10. Children
10. Cataracts	12. Ultraviolet
11. Radiation	13. Shadow
12. UVA	15. Fair
13. Shade	
14. Ozone	



ACTION STEPS FOR SUN PROTECTION

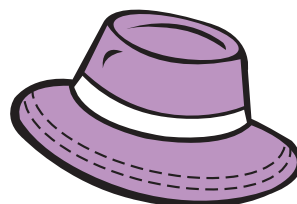
Watch for the UV Index

UV Index	
Index Number	Exposure Level
1-2	Low
3-5	Moderate
6-7	High
8-10	Very High
11+	Extreme

Cover up



Avoid Sunlamps and
Tanning Parlors

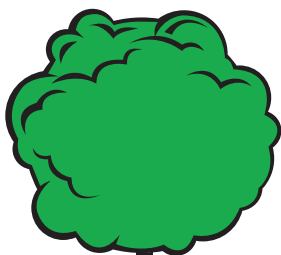
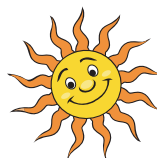


Wear a Hat

Wear Sunglasses that Block
99-100% of UV Radiation



Limit Time in the Midday Sun



Seek Shade



Always Use
Sunscreen